

HEALTH STATUS

How would you say your general health is?

- Eleven percent of Montana adults described their general health as “fair” or “poor” in 1999.
- Females (13%) reported fair or poor health more frequently than did males (9%).
- The prevalence of “fair” or “poor” health was positively associated with age. Adults aged 45 and older reported “fair” or “poor” health more frequently than did younger adults.
- Adults with less than a high school education were much more likely to report their general health as “fair” or “poor” compared to adults with higher levels of education.
- Adults with lower annual household income (<\$20,000) reported higher percentages ($\geq 23\%$) of “fair” or “poor” health compared to adults with higher household income (<10%).
- Non-white or Hispanic adults (20%) were more likely to report “fair” or “poor” health than were white adults (10%).
- Since 1993, the percentage of adults reporting “fair” or “poor” health has remained relatively constant.

How many days during the past month was your physical health not good?

- Thirty-three percent of Montana adults in 1999 indicated that their physical health was not good on one or more days in the previous month.
- More females (38%) than males (27%) reported that their physical health was not good on one or more days in the previous month.
- Adults aged 18 to 29 reported one or more days of poor physical health more frequently (40%) than did older adults (<32%).
- Percentages of those adults reporting one or more days of poor physical health decreased with increasing levels of annual household income.

How many days during the past month was your mental health not good?

- Thirty-one percent of Montana adults in 1999 reported that there were one or more days during the past month when their mental health was not good.
- Females (37%) reported one or more days of poor mental health more frequently than did males (25%).
- The percentage of adults reporting one or more days of poor mental health declined with increasing age class.
- The percentage of adults aged 65 and older reporting poor mental health (12%) was substantially lower than younger age classes (27% to 41%).
- Adults with annual household incomes less than \$10,000 were much more likely to report one or more days of poor mental health (54%) than adults in higher income brackets (<34%).

Table 3. Health Status, Montana Adults, 1999 (with 95% confidence intervals).

	Fair or poor health				Physical health not good 1+ days in past month				Mental Health not good 1+ days in past month			
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)
All Adults:	1792	233	10.9	(1.5)	1770	585	32.6	(2.4)	1744	558	31.0	(2.4)
Sex:												
Male	765	74	8.9	(2.1)	758	207	27.3	(3.5)	748	196	24.7	(3.4)
Female	1027	149	12.8	(2.1)	1012	378	37.7	(3.3)	996	362	37.0	(3.4)
Age:												
18 - 29	280	8	2.8	(2.2)	278	113	40.3	(6.4)	277	121	41.3	(6.4)
30 - 44	516	47	8.2	(2.5)	513	159	30.7	(4.3)	510	212	39.9	(4.7)
45 - 64	612	79	12.3	(2.7)	607	200	31.3	(3.9)	595	179	27.2	(3.8)
65+	382	87	21.1	(4.4)	370	112	29.4	(5.1)	360	46	11.5	(3.4)
Education:												
<High School	173	60	30.9	(7.3)	168	67	40.9	(8.3)	135	48	28.3	(7.6)
High School	617	77	11.3	(2.7)	608	184	29.9	(4.0)	602	167	27.2	(4.0)
Some College	509	61	10.0	(2.6)	501	181	35.5	(4.7)	491	186	37.2	(4.8)
College Degree	490	107	4.0	(1.7)	490	153	30.4	(4.4)	484	157	30.7	(4.5)
Income:												
<\$10,000	87	25	23.4	(9.2)	83	43	50.1	(12.4)	85	46	54.4	(12.3)
\$10,000 - \$19,999	239	59	23.0	(5.8)	238	82	36.0	(7.0)	232	76	31.4	(6.7)
\$20,000 - \$34,999	486	52	9.9	(2.8)	482	174	35.9	(4.7)	479	169	34.2	(4.8)
\$35,000 - \$49,999	274	14	4.6	(2.5)	273	82	29.6	(5.8)	269	88	30.6	(5.8)
\$50,000+	314	11	3.4	(2.1)	313	82	25.3	(5.2)	311	104	33.4	(5.9)
Race:												
White, non-Hispanic	1666	193	10.2	(1.5)	1645	533	32.1	(2.5)	1623	510	30.5	(2.5)
Non-white or Hispanic	121	29	19.7	(7.3)	120	50	39.8	(9.7)	117	47	37.8	(9.8)

Figure 1. Self-Reported Health Status of Montana Adults by Type, 1993-1998.

